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THE FRONTLINE

SPORTS & RECREATION

JUNE 18, 2009

Atlanta Falcons visit 3HBCT

Spc. Ben Hutto
3rd HBCT Public Affairs

FORT BENNING, Ga. – Soldiers assigned to the 3rd Heavy Brigade Combat Team, 3rd Infantry Division welcomed 10 Atlanta Falcon football players and 10 dancers from the team's cheerleading squad to Kelley Hill on Fort Benning, June 8.

The players and dancers, who were flown to Fort Benning from Atlanta by the Georgia National Guard, ate with Soldiers at the Kelley Hill dining facility before having a meet-and-greet autograph session at the 3rd HBCT's Recreation Center.

"The organization (the Atlanta Falcons) came up with the idea to go out and show support for our Soldiers," said Chris Millman, the Community Relations and Youth Programs manager for the Falcons. "We had previously gone down to Fort Gordon and had a great time. When the idea of coming to Fort Benning came up, we thought it would be great."

Millman stressed that the trip was not forced on any of the players or cheerleaders by the Falcon's organization.

"All of them came of their own free will," he said. "This is the kind of stuff you can't replace, and these guys are making memories and hearing stories that they will carry with them for a long time."

Coy Wire, a safety for the Falcons, spoke to the Soldiers at the Recreation Center before signing autographs, encouraging them to keep a positive attitude during the brigade's upcoming deployment.



Spc. Ben Hutto

Jerious Norwood (middle), a running back for the Atlanta Falcons, speaks with Col. Pete Jones (left) the commander of the 3rd HBCT, and Lt. Col. Robert Ashe (right), the commander of the 2/69 Armor Regt., during the Atlanta Falcons visit to Kelley Hill on Fort Benning, Ga., June 8. Ten players and 10 cheerleaders from the Falcon's dance team traveled to Fort Benning to talk with the Soldiers of the 3rd HBCT and sign autographs.

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3rd ID's best to qualify

Bob Mathews
FMWR Marketing Publicity Specialist

Do you have what it takes to be one of 18 team members who will represent the 3 ID in the 25th Anniversary run of the Army Ten-Miler in Washington, D.C., this fall? Find out June 27.

That's the date the All Army 10-Miler Qualifier Race will be held. Starting time is 5 a.m. at the one-mile Donovan Field Track in the National Guard Training Area of Fort Stewart.

The top six runners in each of three groups will represent the 3 ID: men's open; women's open, and men's and women's masters (age 40 and older).

The qualifying competition is for Active Duty Soldiers only. There is no charge.

To register, or to learn more

details about the qualifier, visit Bennett's Sports Complex, building 471, (Monday-Friday) or call 767-8238.

This year, the Army Ten-Miler will celebrate its 25th Anniversary. The race is scheduled for Oct. 4 at 8 a.m. The race will start and finish at the Pentagon with a course that will take runners by the Capitol, Lincoln Memorial, Washington Monument and other DC landmarks.

Each year tens of thousands of runners and spectators descend upon Washington, D.C. to join in the prestigious event. Army Ten-Miler proceeds benefit Army Morale, Welfare and Recreation.

For complete information about the Army Ten-Miler, go to www.armytenmiler.com/index.cfm. The Army Ten-Miler training page, which includes recipes, is at www.armytenmiler.com/Raceinfo/Training.cfm.

Sentinels stomp Engineers, 18-7: Team building continues off-duty

Spc. Amanda McBride
4th IBCT Public Affairs

During this era of persistent conflict, 3rd Infantry Division Soldiers are constantly training – honing both individual and team-level skills essential to overcoming today's battlefield. It's that same teamwork and unit cohesion that lifted the 4th Infantry Brigade Combat Team Soldiers to a win on the playing field, as Headquarters and Headquarters Company, 4-3 Brigade Special Troops Battalion beat the 92nd Engineers, 18-7 during intramural softball league play.

The game, held at Fort Stewart's Sports Complex, June 9, gave Soldiers an opportunity to share in good natured competition, said 4-3 BSTB head coach and intelligence officer, Capt. Katherine Wardlow.

"It also gives everyone the chance to

work still as a company, as a team," she said.

With the 4th IBCT's recent transformation from heavy armor to light infantry, the Vanguard Soldiers have turned up a notch in training. But despite their busy schedules, the Sentinel team still manages to squeeze in time for softball practice when they can.

"It's really hard for some of us to get here and practice every single day," Capt. Wardlow said. "But everyone usually does show up for the games and we get a lot of support from the fans. We work really hard during practices to make sure each member knows what to do with the ball."

Specialist Steven Pattillo, a player for HHC 4-3 BSTB, said participating in intramural softball is also helping Soldiers of all ranks to build camaraderie.

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Patriots celebrate Army's 234th Birthday

Staff Sgt. Tanya Polk

Soldiers with the 1st Battalion, 76th Field Artillery Regiment, 4th Infantry Brigade Combat Team, celebrate the Army's 234th Birthday with a three-mile morning run on Fort Stewart, June 12. After the run, the Patriot Battalion reflected on the Army's history, listened to Toby Keith's "American Soldier," and enjoyed birthday cake and refreshments.

“In this era of persistent conflict, it's important that we take time out of our day to recognize the traditions and hard work of all of our Soldiers and Families.”

Lt. Col. Ryan LaPorte
1/76 FA Commander



Jake's Body Shop: Getting past soreness, setbacks

Jake Battle
FMWR Fitness Director

Exercise is not always easy. Even though you know the benefits to your body, it can still be difficult. Here's how to deal with soreness and frustration about your progress.

Problem: "I'm sore after my exercise"

Suggestions: If you have been exercising for more than three weeks, and often feeling this way, then chances are good that you are either pushing yourself too hard or not doing the same exercise three times a week.

If so, go easier and more routinely. If you are not pushing, and are stretching regularly but continue to have pain and soreness, you may have strained a muscle and need to rest until it feels better. If rest does not help, check with your health care professional for an evaluation.

Problem: "I'm not making progress"

Suggestions: If you are in the early stages of your exercise program, then relax. If you keep exercising, your heart will get stronger and progress will



come. Concentrate on making exercise easy, and making it a habit.

Do not get caught up in pushing for progress – progress will come on its own.

If you have been exercising for at least 10 weeks, many people find that they have plateaus or periods during which they make little progress.

You might, for example, be able to swim faster and faster for the first six months of your exercise program. Suddenly, however, you are not making any progress. Then, after a period of time, you begin to make prog-

ress again. This is normal. After your first improvements, progress often comes in fits and starts. You cannot always see your progress.

The important thing is to do your exercises, strengthen your heart, and look and feel your best. The point is to be confident, alert and energetic.

Problem: "I don't know what to do when I'm traveling"

Suggestions: Try out several exercises you can do indoors with minimum equipment. For example, try jumping rope, running in place, or playing an aerobic tape.

FALCONS

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"The one thing you can always be in control of is your attitude," Wire said. "During times of adversity, whatever they may be, how you get through the situation is by being positive."

The Sledgehammer Soldiers cheered when Wire and his teammates dedicated their first game of the coming

season to the Soldiers of the 3rd HBCT.

"It is a really humbling experience to see people who have such an important job get excited over us," said Justin Blalock, an offensive guard for the Falcons. "This is really just a chance to meet new people and get a new perspective on things."

The players and cheerleaders had the opportunity to sign autographs before they had to catch their flight back to Atlanta.

"The whole event is very special to them," said Millman. "It isn't everyday that they get to meet the men and women who defend our country."

Fort Stewart Softball Standings

Marne Conference				
	Team	Wins	Losses	Win Pct.
1.	3-69 AR	6	0	1.000
2.	5-7 CAV	2	0	1.000
3t.	C Co 3-15 IN	5	1	.833
3t.	HHC 3RD SB	5	1	.833
5.	HHC 92d EN	4	1	.800
6.	92d EN BN	3	2	.600
7t.	B TRP, 6-8 CAV	4	4	.500
7t.	BALFOUR BEATY	4	4	.500
9.	HHB 1/41 FA	3	3	.500
10.	A Co 2-7 IN	2	3	.400
11t.	A BTRY 1/41 FA	1	4	.200
11t.	A Co. 3RD SB	1	4	.200
12.	HHC 4-3 BSTB	1	5	.166
13.	HHC 1st BDE	0	4	.000
14.	A Co 3/15 IN	0	5	.000

Rocky Conference				
	Team	Wins	Losses	Win Pct.
1.	MEDDAC	9	0	1.000
2.	A Co 3-7 IN	10	1	.909
3.	HHC 3-15 IN	7	1	.875
4.	C TRP 6-8 CAV	7	3	.700
5t.	A 4-3 BSTB	5	3	.625
5t.	15 ASOS	3	2	.600
7.	HHC 3-7 IN	4	3	.571
8.	HHC 1-3 BSB	3	3	.500
9	1-76 FA	4	5	.444
10.	3d SIG STB	4	6	.400
11.	C Co 3-7 IN	3	5	.375
12.	HHC 703d ASB	3	6	.333
13.	C Co. 1-64 AR	2	5	.285
14.	C Co. 3-69 AR	2	6	.250
15.	632d MAINT Co.	0	15	.000



Hunter Army Airfield Softball Standings

American Conference				
	Team	Wins	Losses	Win Pct.
1.	D CO 4/3RD AVN	6	1	.857
2.	HHC 1-3RD AVN	5	1	.833
3.	A Co 603RD AVN	4	1	.800
4.	HHB 3RD CAB	4	2	.667
5.	RIGGERS	3	3	.500
6.	6TH ROTC	3	5	.375
7.	416TH TRANS CO	2	4	.333
8.	473RD QM CO	2	5	.286
9t.	E CO 2/3RD GSAB	0	1	.000
9t.	4/3RD AVN	0	5	.000

National Conference				
	Team	Wins	Losses	Win Pct.
1.	3/160TH SOAR	7	2	.778
2t.	224TH M.I. BN	6	2	.750
2t.	24TH ORD CO	6	2	.750
4.	B Co 603RD AVN	6	3	.667
5t.	USCG	5	3	.625
5t.	D CO 2/3RD AVN	5	3	.625
7.	USMC	4	4	.500
8.	E TROOP 317TH CAV	1	7	.125
9t.	JAG OFFICE	0	6	.000
9t.	512TH QM CO	0	8	.000
9t.	C Co 1-3RD AVN	0	0	.000



SENTINELS

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Photos by Spc. Amanda McBride

ABOVE: Soldiers from HHC 4-3 BSTB, rally together after defeating the 92nd Engineers, 18-7, at the Fort Stewart Sports Complex, June 9.

RIGHT: Captain Ryan Lawson, HHC 4-3 BSTB, slides into home safely during Fort Stewart intramural action, June 9.



"We just got a bunch of new Soldiers in, new privates that aren't really used to seeing high ranking people," the Commerce, Texas, native said. "We've got sergeants, we've got captains and we had our

battalion commander out here playing with us today, so it's a chance for them to come out here and break the ice with the leadership and get to know them a little bit better."

HHC 4-3 BSTB is slated to take the Sentinel Stakes challenge this week, training designed to help with the Vanguard Brigade transformation, but the Sentinel Soldiers will take back to the diamond and face off against the 3rd Battalion, 69th Armored Regiment, 1st Heavy Brigade Combat Team, June 24.

For more information on the intramural softball season, contact the Fort Stewart Sports Office at 767-9795.

BATTER UP!



Kaytrina Curtis

Sixteen-year-old Family Member Alex Hefner prepares to hit the ball during an intramural softball game at the Squires Sports Complex on Hunter Army Airfield, June 8.

Savannah
"Rock of the Marne"
Triathlon

Don't miss the triathlon at 8 a.m., Saturday, at Lotts Island. The sprint course includes a 500-yard swim, a 13-mile bike course and a 5-km run. Cost is \$50 per person (\$40 military) and \$100 per relay team (\$90 per military team). Fees are higher for non-USA Triathlon members. Awards will be given to overall winners, winners of different age groups and military winners.

To signup, go to www.savtri.com. Registration will remain open until tomorrow. Raceday sign up is limited to 25. For more information, contact Nick Baker at 966-6916 or savtri@comcast.net.

Please note: Rio Gate will be closed 6-10 a.m., the day of the race.

For more information visit the
Frontline online at
www.stewart.army.mil

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